

ANDREAS BLECKMANN ET AL.  
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- a) at least 85% by weight, based on the total weight of the emulsion,  
of an aqueous phase, said aqueous phase comprising:
- i) water; and
  - ii) optionally water-soluble substances; and
- b) at most 15% by weight, based on the total weight of the emulsion,  
of a lipid phase, said lipid phase comprising:
- i) one or more lipid components; and
  - ii) at least one surface-active substance selected from  
alkylmethicone copolyols and/or alkylmethicone  
copolyols, wherein the weight ratio of surface-active  
substance to lipid components in said emulsion ranges from  
0.10 to 0.25. ---

--7.

The emulsion according to claim 6, wherein the surface-active substance is  
cetyldimethicone copolyol. --

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--8. The emulsion according to claim 7, wherein the surface-active substance is laurylmethicone copolyol. --

--9. The emulsion according to claim 6, which comprises a total amount of alkylmethicone copolyols and/or dialkylmethicone copolyols that ranges from 0.75 to 7.5% by weight, based on the total weight of the emulsion. --

--10. The emulsion according to claim 9, which comprises a total amount of alkylmethicone copolyols and/or dialkylmethicone copolyols that ranges from 0.1 to 5.0% by weight, based on the total weight of the emulsion. --

--11. The emulsion according to claim 10, which comprises a total amount of alkylmethicone copolyols and/or dialkylmethicone copolyols that ranges from 1.0 to 3.0% by weight, based on the total weight of the emulsion. --

--12. The emulsion according to claim 6, which comprises at least 88% by weight, based on the total weight of the emulsion, of the aqueous phase. --

--13. A method of caring for skin and/or hair comprising topically applying thereto a cosmetic or dermatologic preparation comprising an emulsion according to any one of claims 6-12. --